

## COMMODITY DISTRIBUTION Fact Sheet

**Name:** Tangerines

**Product Description:**

Good quality tangerines will have a pebbly skin, with a deep orange color that is easy to peel. The fruit should have a “puffy” appearance and be heavy for its size. Flavor should be sweet-tart.

**Peak Growing Season:**

November through May

**Uses:**

Because they are easy to peel, tangerines are best eaten out-of-hand. Segments can be use in salads, desserts, main dishes, or used as a garnish.

**Preparation:**

Tangerines should be washed before serving whole or cut-up. Handle with care to avoid bruising.

**Storage:**

Tangerines should be refrigerated immediately after receiving, and stored at 45 to 48 degrees Fahrenheit, with a relative humidity of 90 to 95 percent. Tangerines should be stored in a well-ventilated area. They will become soft and spongy if stored at too low temperatures, and deteriorate rapidly is stored at room temperature. Plastic bags or film-wrapped trays should not be used for storage.

**Best if Used By:**

Typical shelf life is 14 to 28 days when stored at 45 to 48 degrees Fahrenheit, but monitor daily for quality.

**Nutrition Facts:**

A medium-sized tangerine (109 g) provides:

Calories	50	Iron	0.12 mg
Protein	0.65 g	Calcium	15.6 mg
Carbohydrate	15 g	Sodium	1.3 mg
Fat	0.26 g	Dietary Fiber	0 g
Saturated Fat	0 g	Vitamin A	100 RE
Cholesterol	0 mg	Vitamin C	33.8 mg

**Sources of Information:**

<http://www.produceoasis.com>

<http://www.pma.com>

<http://dole5aday.com>